

**Abstract**

Preferred embodiments of the present invention are directed to an abdominal and torso strengthening apparatus comprising a frame, cross segments and supporting elements. The frame comprises an arc member and a linear member, wherein the linear member couples to the arc member. The cross segments are rods that extend from the linear member to the arc member and can include a fitting that is configured to receive a weight. The supporting elements are coupled to the frame in a position to allow the strengthening apparatus to rest on the shoulders of the user during use.